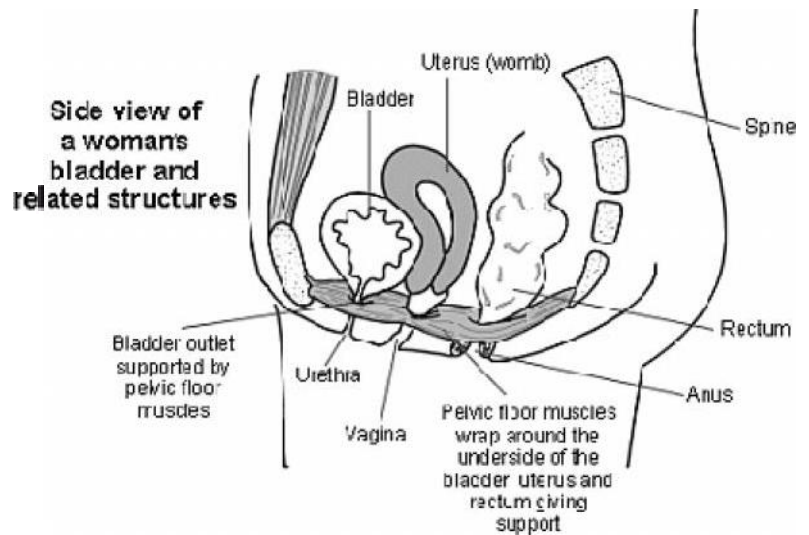


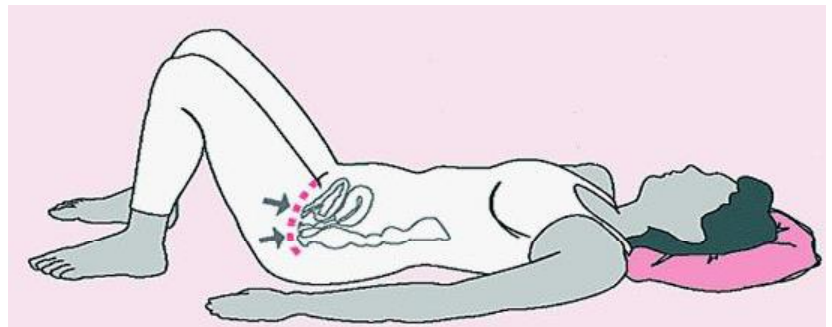
# PRE- AND POST-NATAL CORE STABILITY PROGRAM

## The Pelvic Floor



## Pelvic Floor Exercises:

These exercises can be done sitting on ball or cross legged, or lying on back like in photo (however, if you are 4 months pregnant or more, it is not recommended lying on back).



Ensure that your sit bones are touching the ball/mat. Deep breath to start, relax.

Visualize your 2 sit bones and “draw” a line between them, take a deep breath in, then on the exhale, pull those 2 sit bones together, hold for 5-10 seconds then release. Repeat 10-20x, complete 2 sets.

Now visualize your pubis (front pubic bone) and your tail bone, connect them with a line. Breathe in and on the exhale pull those two points closer together. Hold 5-10 seconds, then release. Repeat 10-20x, complete 2 sets.

Visualize all 4 points mentioned above (2 sit bones, pubis and tail bone) forming a diamond. Now on the exhale draw those 4 points together and up into the body. Hold 5-10seconds, release. Repeat 10-20x, 2 sets.

Repeat #3 adding in *hollowing* the belly to activate transverse abdominus. Draw the navel in through the spine as you “pull up” the diamond. 10x, 2sets.

## Hollowing

Place fingers on each side of your lower stomach. Hollow your stomach until your bellybutton drops straight down towards the floor (make sure the bellybutton doesn't move towards your head or towards your feet). You should feel the sides of your stomach slowly tighten and sag in.

Once you can keep the stomach hollowed for a prolonged period and while breathing normally, move on to the next step.

Hollow your stomach, then slowly slide your right leg along the floor until it is straight. Then slowly bring the leg back to the starting position. Repeat with the other leg (10x per leg).



## Ball Marching:

Sit on ball, engage core, sit up tall.

Slowly lift one knee up without shifting upper body to compensate for imbalance. Alternate knee-ups, 2x10 per side.



## Cat-camel:

A good position to get comfortable in (for labour), also helps baby get into proper position – ready for birth.

Arch back up, curving the back like a camel, then sinking it in towards the floor – repeat 10x.

The hollowing exercise can also be done in this position.



Note: The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always seek the advice of your health care provider with any questions you may have regarding any medical condition. If any of the above exercises or stretches produces pain or other symptoms, discontinue and consult your family doctor or other health practitioner(s) to determine whether modifications are necessary.